



Mindful Communication

The Language of Presence

Saturday, TBA, Spring 2019, 1:00-4:00 pm

This workshop is inspired by the time-tested process of *Nonviolent Communication (NVC)*, an effective roadmap for transforming habits of criticism and disconnection into the joy of authentic connection. We'll practice looking at ourselves and the world with eyes of compassion – as we interact. Join this exploration designed for you to:

- Bring inner mindfulness to everyday interactions
- Practice the art of deep listening and loving speech
- Fine-tune empathy for yourself and others
- Befriend emotional states, discover underlying needs
- Resolve argument and conflict respectfully

"Bringing about peaceful change begins with working on our own mindsets, on the way we view ourselves and others, on the way we get our needs met."

Dr. Marshall B. Rosenberg, founder of the Center for Nonviolent Communication

Registration: \$60, www.yogamcc.com 403-251-9642

\$50 for previous participants or bring a friend.

Yoga & Meditation Centre Calgary, 2028b-33 Ave SW (Marda Loop)

Facilitator: **Barbara C Wiebe**, BEd, CPC, NVC Facilitator
www.ConsciousCommunication.info

Certified Life Coach, NVC Facilitator, long-time mindfulness and yoga practitioner, Barbara blends her extensive training in *NVC*, *Nonviolent Communication*, an awareness practice, together with cutting edge brain-science findings, how to heal trauma, how to transform ourselves, our relationships, and the world we live in.



"This exploration has spoken deeply to my desire to transform my own consciousness and to enlarge and deepen my connection with others. I appreciate your skill and the safe container you offer." Heather C, workshop participant